

Breastfeeding

it takes two, Virginia!



Women are more likely to breastfeed with **positive support** from family and friends.



Fathers and grandmothers have a strong influence in the decision of whether to breastfeed.

Breastfeeding rates for African American babies are **16% lower** than those for white babies.

Studies found that when breastfeeding education was directed towards fathers, there was a 20% increase in African American breastfeeding rates.



43%

of moms who did not breastfeed
"did not want to."

Did You Know?

Not breastfeeding a baby **increases their risk** for lower respiratory tract disease by

275%

AND

178%

for diarrhea and vomiting.



Breast milk provides antibodies and immunities, which help **protect babies from illness.**

59%

of moms who stopped breastfeeding said,
she thought she wasn't producing enough milk.



Having a low milk supply can **result from infrequent feeding or poor breastfeeding techniques.**

42%

of moms who stopped breastfeeding said, breast milk alone didn't satisfy baby.



After 6 months, breast milk should be supplemented with food.

CDC. Breastfeeding Guidelines & Recommendations. Atlanta, GA: US Department of Health and Human Services, CDC; 2017. Available at www.cdc.gov/breastfeeding/recommendations/index.htm

U.S. Department of Health and Human Services. The Surgeon General's Call to Action to Support Breastfeeding. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General; 2011.

Virginia Department of Health. Pregnancy Risk Assessment Monitoring System Data. 2014.